

WINTER MOTOR COSTUMES.

BUSINESSLIKE GARB FOR THE WOMAN IN THE AUTO.

The Day of Eccentric Fashions Over—To be comfortable and to keep warm are the aims now—Garments of Fur and Leather for Cold Weather Sport in Automobiles.

Now is the time to buy your winter motor costume, for prices are beginning to topple, as is usual after Christmas, and there is little danger that the motor coats purchased this season will be out of fashion next year, provided only that they are warm enough and ample enough now.

There is not much latitude of design allowed in the practical motor coat, though there is latitude enough in dimension, for the day of the wild vagaries is over, and the motor having become a vehicle of sport, not a rare fad, the motor costume has become a sportsmanlike affair, not a freak.

For city motoring, for the electric brougham and victoria and the other ladylike forms of the automobile, any costume sufficiently warm and becoming and not too readily demoralized by a stiff breeze will do. Handsome carriage wraps of cloth or velvet, or fur and any close fitting hat are appropriate for such motoring.

But if a woman is to enjoy winter motoring as a sport, to go spinning along country roads at a clipping pace, run out fifty miles to a country tavern for dinner, make the round of country house parties in a touring car, run back and forth to Lakewood, dash up to Tuxedo for a taste of winter sports, in short, if one goes in for winter motoring one must have the proper outfit or suffer in vanity and in body.

In the first place the coat must be warm and ample and be so made that it may be fitted snugly around throat and wrists.

The very long coat is no longer favored, for the bottom fulness was only in the way. A three-quarter length is the usual choice, and the warmth below that line is left to tights, leggings, fur robes and foot warmers. Woolen tights, warm, high, neatly fitting buttoned leggings or gaiters and a heavy motor sweater are desirable possessions for the winter motor woman, and she must have goggles, veils and some headgear which will actually protect her brow and her ears if she wishes to be genuinely comfortable.

The soft full crowned, visored cap, with tabs buttoning up on the crown, but susceptible of being unbuttoned and brought down over the ears, has been very generally accepted in England, where sporting fashions are always practical if not always beautiful. The English woman fancy, too, a visored cap which has a close fitting hood arrangement made of the same cloth as the cap, fastened to the cap around the sides and back, fitting the head snugly, fastening under the chin and curving out like a shallow yoke below the throat line.

When this is adjusted, a coat put on over it and the coat collar turned up not a breath of wind can penetrate to the throat or ears or the back of the neck, yet the arrangement is much less awkward and far more shipshape and becoming than the full hood of silk or other material shirred around the cap or hat brim.

A fur hood fitting in to the throat and coming well down under the coat collar is a practical thing, and when made of supple fur and shirred into coquettish fulness above the face, is usually becoming. The visor cap, the fur or heavier turban or tricorne and a host of other close fitting caps and hats are worn, heavy veils

the separate leather coat and, at its best, is a very knowing costume.

Leather trimmings are sometimes introduced upon the cloth motor coat with good effect, but they need clever handling if they are to improve the coat, not to detract from it.

One model coat, turned out by a famous London maker and sketched here, was of an almost invisible plaid in soft shades of brownish tan. It was cut double breasted, loose fitting, and three-quarter length, and its shoulders were of a modified raglan cut. A broad collar and flat turn back cuffs of supple dark brown leather matching in shade the darkest tone in the cloth gave originality to the garment, and a separate shield of the leather to protect the throat and chest in time of hard driving and wintry chills, went with the coat.

Upon the cut of these cloth coats, the handling of the seams, the fashion in which the sleeve and shoulder are adjusted, the perfect finish of the whole, the chic of the garments depends, and there is a vast difference between coats of this type.

Look, for example, at the heavy model color cloth coat with its curved seam around the waist line, its ample fulness, its double breasted front with big dark pearl buttons, its good shoulders and collar and sleeve. There is a coat plain and severe as a pipe stem, yet it has a distinction and smartness that any elaborate coat fails to attain, and the same thing may be said of the double breasted, belted coat, sketched here, with its queerly seamed sleeve and shoulder and its big square pockets.

Tweed is used for the motor coat, as well as the smooth surface cloths, and often has a flannel or fur lining. Two serviceable tweed models are shown among the coats illustrated, and there is, too, an attractive French coat of dark blue cloth with a red reverse side.

This French coat defies the unwritten law that forbids capes upon motor coats, but the cape, in this instance, is not open to the objection urged against the ordinary cape, for it buttons snugly to the coat in front of the shoulders and cannot flop in the mud. Revers and cuffs show the red side of the cloth, and dull gold buttons give another bright note.

This is, by the way, a good model for a spring and summer motor coat, and a number of the garments illustrated would be as satisfactory in general line for summer as for winter, although fur and other heavy linings would of course be superfluous.

By using a heavy sweater, or perhaps a perforated chambray jacket, many women make a coat of ordinary weight do for winter wear, but nothing else gives quite the luxury and comfort of fur, and if a really stunning coat is out of the question it is at least possible for almost any woman who motors to have one of the ready-made fur lined coats, which are being marked down to astonishingly low prices.

SHE'S A RAILROAD PRESIDENT.

Mrs. S. A. Kidder Said to Be the Only One of Her Sex to Hold Such a Post.

AUSTIN, Tex., Dec. 31.—Mrs. S. A. Kidder of Grass Valley, Cal., who is said to be the

only woman who is president and general manager of a railroad, is spending the winter in Mexico. She is receiving much attention from the officials of the Mexican railroads.

The company of which she is the head is the Nevada County Railroad Company, which owns and operates a line twenty-six miles long. It runs from Nevada City to Colfax, in California, and connects with the Southern Pacific at Colfax.

Although the road is short it does an immense traffic and is an important feeder to the Southern Pacific. Mrs. Kidder has managed it and looked after all the details of the operation of the road for the past five years, and as her arduous work was beginning to tell on her she took a vacation and went to Mexico to recuperate.

Even on her travels while in Mexico she keeps in close touch with the affairs of the road. When she took charge it was losing money. By her administration it was placed on a paying basis. In speaking of her work, Mrs. Kidder said:

"I was elected president and general manager of the Nevada County Railroad five years ago, shortly after the death of my husband. I have attended to the management of the property personally since that time.

"During the past two or three years the business of the road has increased to such an extent that it is not only on a paying basis, but has declared semi-annual dividends of 5 per cent. during the past year. There are no bonds outstanding.

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THE MORNING'S FIRST HOUR.

ON IT DEPENDS YOUR LOT FOR THE WHOLE DAY.

If it is Profitably Managed You Will Be in Good Spirits—Therefore Start With a Morning Dance or Exercise—Think of Pleasant Things When You Wake.

"I got my very best exercise early in the morning," said a woman who has not grown fat in spite of the fact that she is past 30. "No matter how tired I am I get up and exercise. By the time I have gone through with my regular routine I am in fine fettle for the day.

"I got the idea of exercising early in the morning from the Parisian women. Though they get old, like other people, they never get fat.

"That is due to their early morning exercise. Say what you will, the French women, when they are away at their country estates, do take exercise. I have ridden to hounds with the Duchess d'Uzes before breakfast and have gone cross country running with the Comtesse de Castellane when the first rays had not had time to dry

who has a big retreat not a stone's throw from the sanatorium where women go to recuperate.

"I make my patients exercise in the early morning," says he, "but on these conditions: They must first drink a glass of hot water, not scalding water, but water that is very hot.

"This first glass must be followed by another and still another at intervals of fifteen minutes.

"I compel them to dress loosely while exercising and to have no tight bands around the throat. A tight neckband will give a woman a splitting headache at any time of day, but most of all in the morning.

"I make them throw open the windows while working, for the air must be perfectly pure. The lungs are forced to do extra work and, while doing this work, they must be supplied with the very best of material.

"I teach them to do exercises they like to do. I do not believe in straining the muscles, and I am opposed to strenuous arm and leg movements. I am opposed to all forms of exercise that tire a woman. I am a firm believer in early morning exercises but it should be of the pleasant sort. I am in favor of dancing in the morning, and I try to introduce dancing at my retreat.

"Once upon a time, when I was a student, I spent a few weeks at a famous sanatorium in Vienna where the patients were invited

into a very large hall in the morning, and there they were treated to a dancing lesson. All the new dances were taught, and the people from the hotels nearby dropped in to learn the steps.

"I make it a habit to wake in the morning and relax. That sounds foolish, but it means letting the mind be vacant.

"I never wake up and begin to plan. That is a poor way to begin the day. I waken and lie still for awhile. If I think at all I think upon my blessings. That is the best way to start off in the morning.

"I once visited at a country house where the chapel was in the front hall. In the middle of the great hall there rose the staircase and under the staircase there was an organ. At the head of the stairs was another great hall, with the sleeping rooms all opening into the hallways.

"Early in the morning at the rising hour there was a silvery chime rung in the hall. Then there was silence for a few minutes, and then there rose the strains of the organ, accompanied by the voices of a boy choir, borrowed from a church near by.

"For ten minutes the boys chanted. Then the organ grew silent and the guests rose for the day. It was a pretty and not very expensive plan adopted by the host to make the stay at the country seat as pleasant as possible.

"We call all have boy choirs to waken us, but we can all think pleasant thoughts for a few minutes, so as to make music in the soul. Then we can all rise and begin the day.

"The exercises depend upon one's state of health and feeling. The woman who is on her feet all day had better omit them and the man whose occupation keeps him on the jump is also better off without them, but the woman who stays at home and the man who bends over the ledger ought to take them.

"The morning exercises should be of a kind that will benefit the back, the hips and the muscles of the limbs. The arm exercises are good, but one's arms and hands are employed more or less during the day and it is better therefore to take such exercises as will benefit the rest of the body.

"There is a pretty little woman, as graceful as she can be, who has a trick of exercising every morning before breakfast, and she waits no longer than just time enough to put on something warm, and then she gets to work.

"She rests her hands upon a table and bends backward and forward, making an involuntary set of gymnastic exercises. She tries to strengthen her back and she succeeds wonderfully well. I have followed her example with good results.

"The society women of London try to ride horses before breakfast, and it is a good thing to do so. The bicycle is just as good. But it takes time to go for a spin. So in place of all these, and to be sure of something in the way of exercise the domestic woman should take a set of room calisthenics.

"There are certain points that cannot be brought out too strongly in this matter of exercise. Here they are, precisely as given out by a Berlin physician who treats women for their health and beauty, and

who has a big retreat not a stone's throw from the sanatorium where women go to recuperate.

"I make my patients exercise in the early morning," says he, "but on these conditions: They must first drink a glass of hot water, not scalding water, but water that is very hot.

"This first glass must be followed by another and still another at intervals of fifteen minutes.

"I compel them to dress loosely while exercising and to have no tight bands around the throat. A tight neckband will give a woman a splitting headache at any time of day, but most of all in the morning.

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WOMAN'S ILL TREATED HAIR.

THE PRICE SHE PAYS FOR AN ELABORATE COIFFURE.

Much Wasting and Wearing of Hats and Hairpins Blamed for Thinning Locks—Present Styles of Hairdressing Praised—Precautions Advised, Though.

A whisper, whose origin can't be traced, is going round the world that the present style of coiffure, which for elaboration, beauty, gracefulness and becomingness hasn't been equalled in a good many years, some women think, is soon to be deposed in favor of a simpler, plainer style of hairdressing.

Whether the new mode will be patterned on the classic window curtain style—that is, with the hair parted in the middle, drawn down and back over the ears and twisted into a low, plain coil at the back, or combed straight back from the brow without being parted and then twisted into a perky little Psyche knot behind—or whether the flat braided coil spreading all over the back of the head will soon be the preferred style, no one seems to know. It is certain, however, that in some quarters a hair is being put on the various styles of hairdressing now used in vogue, for the reason that of late the women who are the most careful to have their coiffure mounted to the top notch of fashion find that their hair is falling out.

Now, curiously enough, although the average woman is willing to wear false hair when false hair is in fashion, and particularly if she has a fairly good supply of her own, she by no means relishes having false hair thrust upon her as a necessity. Mindful of the proverb, "A woman's chief glory is her hair," she balks at the idea of being obliged to confront a bald spot.

If, however, the best known hairdressers in town are to be believed, there is no danger of any such calamity overtaking a woman merely because she wears her hair in the prevailing mode, but then, as a homely Scotch proverb puts it: "You'll never hear a falshie crying stinking haddis." Elaborate chignons and a vogue

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Never, perhaps, in the history of New York have the services of hairdressers been in such demand as they are just now. And thereby hangs a tale—a hairdresser's tale. Said she, with a deprecatory wave of the hand at the insinuation that woman was in danger of losing her hair because of the up to date coiffure:

"If women are losing her hair—and, personally, I do not think she is—it is neither the fault of the coiffure nor of the hairdresser. She has no one to blame but herself.

"It is not my business to find fault with customers, and I never attempt it, for they would only think I was rooting for more money if I did; but often I feel like warning them against keeping up their hair two and three days at a stretch without rearranging or combing it.

"Why, certainly, they do that very thing. Some of my nicest customers do it. They tell me it is because they don't want the bother of having their hair done every day, although in some cases I am sure the real reason is that they don't want to pay out so much money for hairdressing.

"I have one lady who comes here Monday, Wednesday and Saturday to have her hair dressed, and in between she never takes it down. At night she pins over it carefully a thick veil or piece of net and goes to bed with all the hairpins in, about forty of them I use, so as to make the coiffure as steady and lasting as possible.

"The second day it looks very well, and even by the third day the effect is better than if she dressed it herself, for really she has no knack at all at fixing her hair. But when you come to a question of what is good for the hair that woman, and every woman like her, is making a great mistake.

"Only the coarsest, most vigorous hair can stand such treatment for long. To keep her hair healthy it must be let down and shaken free of every hairpin, and combed once in the twenty-four hours at least. To go to sleep with a lot of hard pins pressing against the scalp is all wrong.

"And yet for the sake of saving a couple of dollars a week many a woman will run the risk of having to spend a much larger sum later on to stop her hair from falling out.

"No, false hair is not injurious to the scalp or to the health of the hair, but it is of good quality and not too heavy. Mixed in with the natural hair why should it do any harm?"

"What about rats?" the hairdresser was asked.

"Ah," she replied more slowly, "that's another story. I must admit that it makes me shiver to see the whorl of rats some women wear underneath a pompadour.

"Where they get them I'm sure I don't know. Some are of heavy matted odd ends of hair worked together into a cushion which, worn long a time is bound to heat the scalp, and heating the scalp is never to be thought of in the world for the hair; neither is any heavy wad of that sort resting day after day on the same spot.

"Then there are rats made only of wire, and these are just about as bad as the heavy ones, because they are pretty sure to cut the hair. A lady whom I had never seen before came in here one day to have her hair dressed and she started to take it down I found a black silk stocking rolled

HINTS FOR THE SICK ROOM.

THINGS THE AMATEUR NURSE SHOULD BEAR IN MIND.

Arrangement of the Sick Room—Care of the Patient—Questions of Ventilation—The Nurse's Dress—Little Matters of Importance to the Patient's Welfare.

If possible before the patient is put into the room clean out of it every superfluous article of furniture. If it is contagious case or fever of any sort take out rugs or carpet, send away the portieres and wool window curtains and table spreads, and in case of severely contagious diseases such as smallpox or scarlet fever even the books should be removed.

This sounds very cheerless, but the next step changes all that.

Put up snow white lawn curtains, frilly and dainty, that can be looped back for plenty of sunshine, and are easily washed. Have a white cotton bedspread. The white dimity spread used at hospitals is both the best and prettiest, washes as easily as a sheet and does not have to be ironed.

Find dainty, pure white washable linen for bureau and the many conveniences of the doctor's use, for glasses, medicine bottles, a tray and teaspoon.

Keep this table always exquisitely fresh. If pretty linen spreads don't hold out, cover it with a fresh towel every day or two, and never leave a soiled plate or tumbler in sight of the patient, or give medicine or milk in a glass once used.

If there is hot running water in the room the nurse should rise dishes as soon as she can. Otherwise they should be put on the side of the door, where a small table stands ready to save steps.

If the corner is done a strip of matting should be run from door to bed and window to soften the sound, or a nurse may wear noiseless slippers.

Bring up from the dining room or sitting room one or two growing plants and put them near the window on a white covered stand, where the patient can see them without effort. Do not have many scented flowers in a sick room and none at night, when the patient is weakest and needs the freshest air.

The best plan is to put a rose in a tall vase or a few carnations near the window prettily arranged. These give pleasure without the bad results of heavy odors.

There should be a book or two about so that the patient may feel that the weary hours could be lessened if he wished. Most sick people do not like being read to—a book for every nurse and kind friend to bury deep in her inner consciousness; they submit to it sometimes but are usually restless afterward.

With the room white, cheerful and exquisitely clean, next prepare the bed with all easily washable covering, cotton, not linen, sheets and pillow cases and woolen blankets that can be washed with antiseptics.

Plan to have two sets of sheets and pillow cases always in use, so that every morning the bed can be entirely changed, the sheets removed and put out to air for a couple of hours and then warmed and folded away ready for the next morning, with two fresh from the laundry well warmed at least twice a week.

The patient should be moved to the left side of the bed as a folded sheet is laid on the right, then lifted for a second as the sheet is opened to the right and the under sheet pulled out. Then the fresh sheet is put over, and for a while an extra blanket added to avoid chill.

The question of ventilation is very important, yet most easily managed. A screen is absolutely essential.

At night one window should be opened a little at the top and one at the bottom, and the screen should be placed around the bed. During the day one window should always be opened in front of it, out some two feet to allow the air to spread easily.

Every morning after the bed is changed

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the newer style coiffure gave him any more work to do, answered frankly:

"Yes, I think it does. The more elaborate the hairdressing the worse it is for the natural hair, for the reason that nine times out of ten elaborate hairdressing means using false hair, and a lot of false hair means real reason is that they don't want to pay out so much money for hairdressing.

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